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NEWSLETTER

101-1256

26 April 1990

Washington, D C

NEWS FOR CONSUMERS. Already, one of the first sure signs of Spring has arrived. It's the spring 1990 **Consumer Information Catalog**, and it lists about 200 free and low-priced Federal publications you can send for on everything from growing a lawn to buying a car. The catalog is free. All you need to do is send your name and address to Consumer Information Catalog, Pueblo, Colorado 81009. You can also secure this while supplies last from my office here in Washington, located at 1401 LHOB, U S House of Representatives 20515, or my district offices in either McAllen, located at 1418 Beech, or Alice, located at 402 East 2nd.

Once the growing season begins, your lawn will take more and more time and energy. You may prefer to hire a lawn care service to take over. **Lawn Service Contracts** (463W, 50¢) tells you how to go about choosing a lawn care service, what your contract should cover and information about the use of pesticides on your lawn.

With spring comes a new awareness of taking care of your health. **Caffeine Jitters: Some Safety Questions Remain** (581W, free) gives you the latest FDA findings about caffeine and how it can affect you. **Sweetness Minus Calories Equals Controversy** (579W, free) discusses research findings on the three artificial sweeteners -- saccharin, cyclamate and aspartame. If you are one of the millions of Americans who has a phobia or panic disorder, send for **Useful Information on Phobias and Panic** (582W, free). This booklet will help you understand the mental and physical symptoms, causes and treatment of those widespread anxiety disorders.

Spring also means starting new projects -- for yourself or to help others. **Getting Skilled, Getting Ahead** (574W, free) is a practical guide to choosing a career that is right for you. It contains the latest information on the 20 expected fastest growing and 20 expected fastest declining occupations in the nation, as well as 107 job descriptions. **Federal Student Aid Fact Sheet** (578W, free) lists Federal grants, loans and work-study programs to enable you to get a college education or vocational/technical training after high school. And **Take Action Against Drug Abuse** (580W, free) tells you how to set goals, apply for ACTION grants, fund raise, recruit, publicize and manage a volunteer anti-drug program in your community.

These are just a few of the many publications and helpful new booklets you'll find this spring under the Consumer Information Center's umbrella of information. So whether you're wanting to broaden your skills or just feeling inclined to undertake a new project, the Consumer Information Catalog will help you add some knowledge to your ambition.

As you look through the catalog, you may wonder why some booklets are free and others are for sale. There are three different categories of booklets in the catalog. Booklets are offered free to the consumer if the sponsoring agency can pay all the printing and distribution costs. When a booklet has a sales price, its part of the Government Printing Office sales program. GPO sets the price to cover printing, distribution and related costs, and prices vary according to the different costs. There are, however, a number of booklets for sale at the special price of 50¢ a copy. This low price

is possible because the publishing agencies are able to share in some of the costs usually paid by GPO. These low priced publications are available only through the Consumer Information Center.

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TO ENABLE PEOPLE TO PREVENT CRIME AND BUILD SAFER, MORE CARING COMMUNITIES.

That is the motto of the National Crime Prevention Council which recently mailed to all 51,000 public elementary schools across America materials on how to convey effective drug prevention messages to children in elementary grades -- before most drug use starts. The information has been provided to supplement educators drug prevention programs and is part of a nationwide effort to influence children before they first use alcohol or drugs. It also is an effort to seek to empower our youth as key actors in the movement to reduce drug use, and to spur elementary schools across the country to become more actively involved.

The package contains the brochures "How To Say No to Alcohol and Other Drugs," "Don't Lose a Friend to Drugs," "Winners Don't Use Drugs," "Talking With Your Kids About Drugs," and "A Parent's Guide to Alcohol and Other Drug Use Prevention."

These materials will yield millions of positive messages disseminated by local schools to a key audience -- our children. It is an effort with which we must all be involved.

What to communicate: The facts about how drugs harm people -- young people especially; the fact that drug use is not acceptable; the fact that there are drug free alternatives; the fact that you place high value on your child's good, special qualities; and above all, the power to say no.

Ways to communicate: Calmly and openly without exaggeration because in and of themselves the facts are chilling enough; in terms of subject matter, not personalities -- challenging current friends might lead to defensive or defiant behavior; face to face, exchanging information and understandings -- be an active listener; through "teachable moments" such as television news, TV dramas, books, newspapers, local situations rather than formal sit down lectures; and most importantly by setting an example -- your child will compare your actions with your words and be guided accordingly.

Constructive communication is one of the most effective tools you can use in helping your child. Communication shows your child how much you care, and remember, **preventing drug abuse begins with preventing drug use.** It is never too early to start.

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NATIONAL SCIENCE FOUNDATION MINORITY GRADUATE FELLOWSHIPS. By the year 2000 some predict that we will face a demand for as many as 600,000 new scientists and engineers. Where will we find these qualified professionals to meet our technical workforce needs?

In the short-term they will come partially from the recipients of the National Science Foundation's 1990 Graduate Fellowship Program. The NSF recently announced its fellowship awards to minority students of outstanding ability for graduate study in the sciences, mathematics, and engineering. Among the recipients are Edwin Eloy Aguilar, of McAllen, whose baccalaureate institution is Pan American University and Veronica Sanchez, of Rio Grande City, whose baccalaureate institution is the University of Texas, Austin. Congratulations!

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VISITORS. Mr & Mrs Dennis Dube, of Edinburg; and Ms Peggy Heinen and Ms Camilla Mitchell, both of Pleasanton.

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